



**WILLOUGHBY HILLS RECREATION CENTER
35400 CHARDON RD. WILLOUGHBY HILLS, OHIO**

Have Fun & Get Fit!

Tai Chi Exercise Class: Improving flexibility, balance & strength.

Tai Chi Chuan is an ancient form of Chinese exercise, it is a pleasant, non-strenuous conditioner.

Anyone can practice Tai Chi regardless of age, or fitness level. No special equipment or clothing is required. It may be practiced alone, or in groups, indoors or outdoors.

COMMUNITY CLASSES WILL BEGIN TUESDAY SEPTEMBER 9TH 2014 AND RUN THROUGH TUESDAY OCTOBER 14TH, 7:00PM TO 8:00PM. \$30.00 FOR THE SIX WEEK CLASS, OR \$6.00 PER CLASS PAY AS YOU GO.

PLEASE CONTACT JOE BONDI TO REGISTER FOR THE CLASS (440) 725-4757. DENISE EDWARDS (440) 975-3540, EMAIL Recreation@WilloughbyHills-OH.gov FOR ADDITIONAL INFORMATION.

SENIOR CITIZEN CLASS ALSO AVAILABLE!

I have been a Certified Personal Trainer for over twenty years; 11 years with the Cleveland Clinic. I have taught Tai Chi since 2004 at assisted living facilities, to the employees of Marymount Hospital and community classes for the Cleveland Clinic. Please contact me for more info by phone, email, or visit my web site for my complete profile & references.

Classes will be held once a week for 6 weeks at which time you may sign up for another 6 weeks.

JOE BONDI

NETA Certified Personal Trainer

440-725-4757

**joe_bondi@msn.com
www.fitnessadvantage.net**